



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 20047, Rice, white, long-grain, parboiled, enriched, cooked

Report Date: June 27, 2017 04:46 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.82 Nitrogen to Protein Conversion Factor:5.95

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 158g
Proximates					
Water 1 2 3 4	g	70.36	16	1.986	111.17
Energy	kcal	123	--	--	194
Energy	kJ	513	--	--	811
Protein 1	g	2.91	3	0.256	4.60
Total lipid (fat) 1	g	0.37	3	0.055	0.58
Ash 1	g	0.30	3	0.042	0.47
Carbohydrate, by difference	g	26.05	--	--	41.16
Fiber, total dietary 1 4	g	0.9	3	0.533	1.4
Sugars, total	g	0.11	--	--	0.17
Sucrose 1 2	g	0.08	5	0.010	0.13
Glucose (dextrose) 1 2	g	0.01	5	0.008	0.02
Fructose 1	g	0.02	2	--	0.03
Lactose 1	g	0.00	2	--	0.00
Maltose 1	g	0.00	2	--	0.00
Galactose	g	0.00	--	--	0.00
Minerals					
Calcium, Ca 1	mg	19	3	1.313	30
Iron, Fe 1	mg	1.81	3	0.137	2.86
Magnesium, Mg 1	mg	9	3	0.703	14
Phosphorus, P 1	mg	55	3	2.310	87
Potassium, K 1	mg	56	2	--	88
Sodium, Na 1	mg	2	3	0.202	3

Nutrient	Unit	1			1 cup 158g
		Value Per 100 g	Data points	Std. Error	
Zinc, Zn ¹	mg	0.37	3	0.029	0.58
Copper, Cu ¹	mg	0.070	3	0.010	0.111
Manganese, Mn ¹	mg	0.354	3	0.030	0.559
Selenium, Se ^{1,3}	µg	9.3	11	1.032	14.7
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin ¹	mg	0.212	1	--	0.335
Riboflavin ¹	mg	0.019	2	--	0.030
Niacin ¹	mg	2.309	2	--	3.648
Pantothenic acid ¹	mg	0.323	2	--	0.510
Vitamin B-6 ¹	mg	0.156	2	--	0.246
Folate, total ¹	µg	81	2	--	128
Folic acid ¹	µg	79	2	--	125
Folate, food ¹	µg	3	--	--	5
Folate, DFE	µg	136	--	--	215
Choline, total	mg	2.1	--	--	3.3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.02
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.074	--	--	0.117

Nutrient	Unit	1			1 cup 158g
		Value Per 100	Data points	Std. Error	
	g				
4:0 ¹	g	0.000	1	--	0.000
6:0 ¹	g	0.000	1	--	0.000
8:0 ¹	g	0.000	1	--	0.000
10:0 ¹	g	0.000	1	--	0.000
12:0 ¹	g	0.000	1	--	0.000
14:0 ¹	g	0.000	1	--	0.000
15:0 ¹	g	0.000	1	--	0.000
16:0 ¹	g	0.074	1	--	0.117
17:0 ¹	g	0.000	1	--	0.000
18:0 ¹	g	0.000	1	--	0.000
20:0 ¹	g	0.000	1	--	0.000
22:0 ¹	g	0.000	1	--	0.000
24:0 ¹	g	0.000	1	--	0.000
Fatty acids, total monounsaturated	g	0.074	--	--	0.117
14:1 ¹	g	0.000	1	--	0.000
16:1 undifferentiated ¹	g	0.000	1	--	0.000
18:1 undifferentiated ¹	g	0.074	1	--	0.117
20:1 ¹	g	0.000	1	--	0.000
22:1 undifferentiated ¹	g	0.000	1	--	0.000
Fatty acids, total polyunsaturated	g	0.091	--	--	0.144
18:2 undifferentiated ¹	g	0.074	1	--	0.117
18:3 undifferentiated ¹	g	0.017	1	--	0.027
18:4 ¹	g	0.000	1	--	0.000
20:4 undifferentiated ¹	g	0.000	1	--	0.000
20:5 n-3 (EPA) ¹	g	0.000	1	--	0.000
22:5 n-3 (DPA) ¹	g	0.000	1	--	0.000
22:6 n-3 (DHA) ¹	g	0.000	1	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan ^{1 5 6}	g	0.040	--	--	0.063
Threonine ^{1 5 6}	g	0.105	--	--	0.166
Isoleucine ^{1 5 6}	g	0.131	--	--	0.207

Nutrient	Unit	1			1 cup 158g
		Value Per 100	Data points	Std. Error	
Leucine ^{1 5 6}	g	0.254	--	--	0.401
Lysine ^{1 5 6}	g	0.083	--	--	0.131
Methionine ^{1 5 6}	g	0.071	--	--	0.112
Cystine ^{1 5 6}	g	0.059	--	--	0.093
Phenylalanine ^{1 5 6}	g	0.154	--	--	0.243
Tyrosine ^{1 5 6}	g	0.084	--	--	0.133
Valine ^{1 5 6}	g	0.182	--	--	0.288
Arginine ^{1 5 6}	g	0.252	--	--	0.398
Histidine ^{1 5 6}	g	0.072	--	--	0.114
Alanine ^{1 5 6}	g	0.168	--	--	0.265
Aspartic acid ^{1 5 6}	g	0.308	--	--	0.487
Glutamic acid ^{1 5 6}	g	0.541	--	--	0.855
Glycine ^{1 5 6}	g	0.139	--	--	0.220
Proline ^{1 5 6}	g	0.187	--	--	0.295
Serine ^{1 5 6}	g	0.142	--	--	0.224
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
Flavonoids					
Isoflavones					
Daidzein ⁷	mg	0.00	1	--	0.00
Genistein ⁷	mg	0.00	1	--	0.00
Glycitein ⁷	mg	0.00	1	--	0.00
Total isoflavones ⁷	mg	0.00	1	--	0.00
Formononetin	mg	0.00	1	--	0.00
Coumestrol	mg	0.00	1	--	0.00

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2b, 1999 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA Variability of the sugar content of foods, 1989 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA Analyses of Selenium in Foods, Environmental Trace Substances Research Center, 1989 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA Investigation of the carbohydrate fraction of foods . . . raw, processed and prepared, 1985 Beltsville MD

⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6m, 2002 Beltsville MD

⁶Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9m, 2005 Beltsville MD

⁷Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan., 2006 Nutr. Cancer 54 pp.184-201

